

Farewell Drs Michelle and Kevin

We farewell Dr Michelle Bonnici and Dr Kevin Walters this weekend.

We thank them for the care and compassion that they have provided to the Norfolk Island community and wish them safe travels as they undertake locum work around Australia and New Zealand.

Kath Boman, Manager NIHRACS

Please keep to the speed limit in Hospital grounds

Just a reminder that the speed limit in the NIHRACS car park is 10Km/hour. We value the safety of our patients, visitors and staff so please ensure you keep to this speed limit.



General Practice Clinic Update

Due to the current restrictions due to the risk of COVID-19 the main entry to NIHRACS is currently locked however the General Practice clinic is still open for business for all your health care needs and our emergency department is still operating. To decrease the risk of COVID-19 our processes have changed and Medicare is providing funding for telephone consultations where our Doctors can provide their services without you having to present to NIHRACS. If the assessing Doctor decides you need further medical intervention they will inform you on what to do next. To book appointments please phone our reception on 24134. Please continue to help us to reduce the risks of coronavirus on our small community by taking advantage of our telehealth services.

Hours of Operation

Monday- Friday 8.30am – 5pm

Saturday & Sunday Closed

Please note the clinic is closed for lunch from 12.30 – 1.30pm.

Please call 24134 for appointments only during opening hours.

If you require medical assistance outside business hours please phone the hospital on 22091. In cases of emergency please dial 000.

GP Staffing Update

The following locum GP's will be joining our team:

Dr Thomaz Silva 12th September – 16th October

Dr Clive Bishop 19th September – 6th November

Ophthalmology Update

NIHRACS has been working closely with the Norfolk Island Support Team based at South East Sydney Local Health District (SESLHD) to organise and schedule an ophthalmic specialist visit for Norfolk Island patients. Unfortunately visits scheduled for both May and August have had to be postponed due to COVID-19 border restrictions. Two Ophthalmologists from Sydney Eye Hospital working under Professor Peter McCluskey have agreed to regular visits to Norfolk and we are liaising with them to schedule a visit for both in the next few months. If further delays occur due to COVID, the NIHRACS GPs and GP Clinic are reviewing the ophthalmic patients and organising treatment via telehealth or with alternative providers. Please be reassured that all decisions are being made from a patient care perspective and take into consideration the protection of the Norfolk Island community whilst also ensuring that NIHRACS patients receive essential treatment.

Child Health Clinic

Child Health Clinic will now be run from the GP Clinic every Thursday, 8:30am to 4pm by Janine. This clinic is for 0 – 5 year olds and includes: Developmental Assessment, Baby Growth Checks, Emotional and Social Development, Breastfeeding Support, Settling/Sleep Support and Introducing solids.

Smoking Cessation Clinic

It's hard to stop, but with help and support, you **can** quit smoking.

Quitting smoking can be one of the most difficult, yet rewarding, things a person can do. Most smokers say they would like to quit, and may have tried at least once. Some are successful the first time, but others try a number of times before they finally give up for good.

It might take time, it can be hard as your body has become dependent on nicotine, but many people have succeeded in giving up smoking. Become one of them by making a quit plan

The clinic will provide a proven approach to assisting people who wish to either quit smoking or cut down. Every cigarette not smoked is doing good for smokers' health. The clinic uses a multidisciplinary approach to match individual needs.

To make a booking for the smoking cessation clinic call the GP Clinic on 24134.

Flu Vaccines - Get in quick, stocks are limited!

In light of the current health climate, NIHRACS encourages all community members to obtain a flu vaccination. Influenza is a serious illness and can be fatal. Protection against influenza is highest in the first three to four months after vaccination. Getting vaccinated in April or May allows protection during the peak influenza transmission period, which runs from around June to September in most parts of Australia.

It is never too late to vaccinate since influenza can circulate in the community all year round.

There are currently no vaccines that protect against COVID 19.

Whilst influenza vaccine will not prevent coronavirus infection it can reduce the severity and spread of influenza, which may make a person more susceptible to other respiratory illnesses like coronavirus.

Cost of the Flu vaccination is \$20 each.

We are conducting these via appointments only please phone the GP Clinic on 22091 to book your appointment.



All patient information is treated as confidential.

Protocol for Visitors entering NIHRACS

- All visitors must be screened at the NIHRACS's various entrances, including the main entrance, dental clinic and allied health departments as per the current screening protocol
- Please remember the staff who do the entrance screening are following the procedures for the safety of our patients, visitors and staff and rudeness is not acceptable
- All visitors coming into the Aged Care Facility must have received the current 2020 Flu Vaccine
- All visitors to the hospital must sign in at the Nurses Station and list a contact phone number
- Hand hygiene before and after visiting must be carried out
- Only 1 visitor at a time (2 visitors if providing end of life support)
- Visits by family, friends or carer to be held in the resident or patient's room
- For our Residents in the Aged Care Facility, please stay in touch remotely with your loved ones, if unable to visit. Phone calls utilising technology (eg Messenger) letters or cards will certainly brighten their day.

Thank you for your understanding during these difficult /uncertain times.

Phyllis Evans. Nurse Unit Manager

Health and Wellbeing Weekly Update

A reminder of the key COVID-19 prevention messages:

- Physical distancing
- Stop any Spread – hygiene
- Look after yourself and others
- Know the symptoms

FoodSwitch App

This App helps people find healthier alternatives. It is available for android and iOS devices. Making even small changes to our diets, such as consuming a little less salt and added sugar, and eating less fat (particularly saturated fat) and energy (kilojoules) could prevent many health problems including high blood pressure, high cholesterol, obesity and type 2 diabetes. This could in turn help reduce the incidence of heart attacks, strokes and some cancers. For more information go to:

<https://www.foodswitch.com.au/#/home>

Know your lemons

Know your lemons – regular breast self-examination

What if I have changes in my breast?

- If you notice any changes, see your GP
- Your GP will organise tests if needed
- Early detection means a better chance of successful treatment and more choices for treatment
- Be Breast Aware!

